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ABSTRACT

The 2-part student workbook for mainstreamed learning and mentally disabled high school students contains 12 units intended to provide supplementary instruction in the Contemporary Parenting Choices Curriculum in the home economics class. This unit, the sixth in the Relationships part of the workbook, focuses on the decision to parent and includes individual lessons on ways people parent, parental responsibilities in caring for children, what children learn from the examples of their parents, what parents can expect of their children, how much it costs to raise a child, how parenthood changes one's life, why people choose to have or not have children, personal feelings about parenthood, and responsibilities in making a decision to parent. Each lesson typically provides lesson objectives, definitions of key vocabulary terms, workbook activities, a brief discussion of the topic, and a review activity. The material is intended to be used with the special Teachers Guide and the other components of the Contemporary Parenting Choices Curriculum. (DB)

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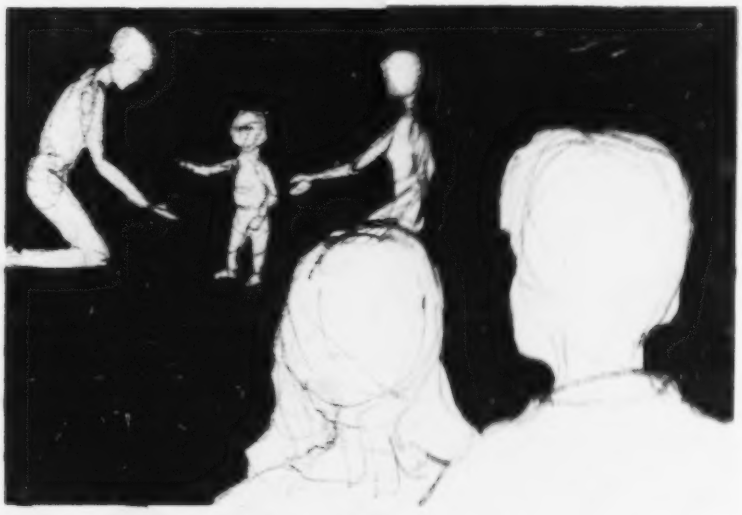
Parent Education Workbook for Mainstreamed Students

PART I / RELATIONSHIPS



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contemporary parenting choices lessons

UNIT 6

understanding the decision to parent

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Lesson 1

WHAT ARE WAYS PEOPLE PARENT?

This lesson will help you to:

1. Define parenting.
2. Describe ways people parent.

DO YOU KNOW THESE WORDS?

---

adopt - to legally take someone else's child as your own
parenting - caring for a child
substitute - a person who takes the place of another person

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

adopt _____

_____

parenting _____

_____

substitute _____

_____

****

WHAT IS PARENTING?

Parenting is an important part of many people's lives. Parenting means caring for a child. It means helping a child grow, develop and learn. A parent can be a father. A parent can be a mother. Parenting can be done by other people. These might be babysitters, teachers or relatives.

When people parent they are responsible for children's needs. They should give children the best care they can. Then the children will have a better start in life.

WHAT ARE WAYS PEOPLE PARENT?

People can parent in many ways. They parent for many reasons. Some couples choose to be parents. Sometimes single people want to parent. Some people care for their own children. Some people care for the children of others. Many things can affect the ways people parent. Differences in families affect how people parent. Some ways people parent are as:

---

*natural parents
*single parents
*stepparents
*adoptive parents
*foster parents
*substitute parents

All of these kinds of parenting can help meet children's needs. They all can help children grow and develop. They all can help keep children healthy and happy.

WHO ARE NATURAL PARENTS?

People become natural parents when they have their own children. A woman becomes a natural parent when she gives birth to a child. A man becomes a natural parent when he fathers a child by getting a woman pregnant.

Married couples who are natural parents usually raise their children together. Some natural parents are single parents. They raise their children alone. A person does not have to be a child's natural parent to love and care for the child.

WHO ARE SINGLE PARENTS?

There are many ways single parent families are formed. A person may become a single parent when a spouse dies. A divorce or separation may lead to single parenting. Sometimes single people adopt children. Other people may become single parents because of an unplanned pregnancy. Single parents have the responsibility for caring for their children alone.

WHO ARE STEPPARENTS?

People become stepparents when they marry someone who has children. One or both members of the couple may already have their own children. For example, when a single mother marries, the man she marries becomes her child's stepfather. Children in a stepfamily need to get used to their new stepparent. Stepparents need to get used to their new stepchildren. Sometimes both parents who marry have their own children. Then the stepchildren need to get used to each other.

****

ACTIVITY

Answer these questions about kinds of parents.

1. How do people become natural parents?

_____

_____

2. How can people become single parents?

_____

_____

3. How do people become stepparents?

_____

_____

****

WHO ARE ADOPTIVE PARENTS?

Some people adopt children to become parents. Adoption means people legally take someone else's child to be their own. There are many reasons people adopt children. People adopt children because they want to be parents. Some adopt children because they can't have children of their own. Some want to help children with special needs or handicaps so they adopt them. People who adopt children want to be parents very much.

WHO ARE FOSTER PARENTS?

A foster parent takes the responsibility for caring for someone else's child. The child's own parents might not be able to care for the child. There might be problems in their home. A foster parent helps by caring for the child for a while.

Sometimes foster children have problems of their own. Foster parents have to give them special care. Foster parents and children often grow to love each other. A foster child might be in a foster home for a week. A foster child might be in a foster home for several years. Some foster children go back to live with their own parents. Others may be legally adopted by other parents.

WHO ARE SUBSTITUTE PARENTS?

There are many substitute parents. People who work with or care for children daily may be substitute parents. An example of a substitute parent is a babysitter. Babysitters help many children grow and develop. They care for children while their parents are at work. They may care for the children all day or all night. Parents who have someone else help care for their children should be sure they have a good substitute. Some people do not have children of their own. They can enjoy parenting as substitute parents.

Other examples of substitute parents are parents in a group home. Camp counselors also are substitute parents. All of these people take care of other people's children.

****

ACTIVITY

Answer these questions about kinds of parents.

1. How do people become adoptive parents?

   _____

   _____

2. How do people become foster parents?

   _____

   _____

3. How do people become substitute parents?

   _____

   _____

****

KEY IDEAS

PARENTING MEANS TO CARE FOR A CHILD.

PEOPLE CAN BE: NATURAL PARENTS
SINGLE PARENTS
STEPPARENTS
ADOPTIVE PARENTS
SUBSTITUTE PARENTS.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. A person who marries someone who has children becomes a foster parent.

T F 2. People who have their own children are called natural parents.

T F 3. Parenting is having a baby.

T F 4. A person who raises a child alone is called a stepparent.

T F 5. Parenting is caring for a child.

T F 6. People who have their own children are called adoptive parents.

T F 7. A person who raises a child alone is called a single parent.

T F 8. A person who marries someone who has children becomes a step-parent.

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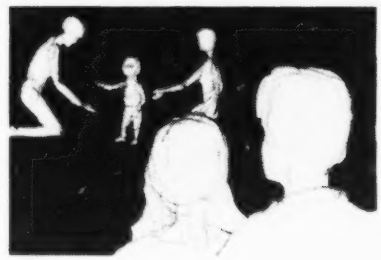

Lesson 2

WHAT ARE PARENTS' RESPONSIBILITIES IN CARING FOR CHILDREN?

This lesson will help you to:

1. List children's basic needs.
2. Describe how parents can meet children's needs.
3. Explain parents' responsibilities for meeting children's needs.

DO YOU KNOW THESE WORDS?

---

babysitter - a person who takes care of children when their parents are gone

emotional needs - wanting to show and be shown feelings

mental needs - wanting to learn

needs - things a person has to have

physical needs - things the body has to have

responsible - knowing and doing what you are supposed to do

social needs - wanting to have relationships with others

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

babysitter _____

_____

emotional needs _____

_____

mental needs _____

_____

needs _____

_____

physical needs _____

_____

responsible _____

_____

social needs _____

_____

****

WHAT DO CHILDREN NEED?

Children have many needs. They cannot take care of themselves. Their parents or other adults must care for them. Being a parent means taking the responsibility for meeting your children's needs. If you become a parent you are responsible for your children's needs.

Parents need to know how children grow and develop. Then they can meet their children's needs. The kinds of needs that children have are:

_____

*physical needs
*emotional and social needs
*mental needs

_____

HOW CAN PARENTS MEET CHILDREN'S PHYSICAL NEEDS?

Children have physical needs. These needs are things their bodies have to have. They need food and clothing. They need a home in which to live. They need to be kept safe and healthy.

Parents need to know what foods are good for their children. Children need the right foods to grow and stay healthy. Parents must be sure to give their children the foods they need.

Children need clothes to wear. Parent should provide clothes for their children. Clothes need to be warm in the winter and cool in the summer. Clothes need to be kept clean and in good repair. Size is also important. Clothes that are too large or too small are uncomfortable for children to wear. Children do not need a lot of clothing. They do need the right kind of clothing.

Children need a home to live in. A home can be a house, apartment or any kind of building. Parents should be sure their home is clean, comfortable and safe for their children.

Sometimes children get sick or hurt. This can happen even if parents take good care of them. When this happens, parents must decide if the child needs to see a doctor. Parents are responsible for keeping their children safe and healthy.

****

ACTIVITY

What are three physical needs children have? List them below. How can parents meet these needs? Write one way parents can meet each need.

Physical Need	How Parents Can Meet This Need
1. _____	_____
	_____
2. _____	_____
	_____
3. _____	_____
	_____

****

HOW CAN PARENTS MEET CHILDREN'S EMOTIONAL AND SOCIAL NEEDS?

Children have emotional and social needs. Emotional needs help their feelings about themselves and others develop. Children need to know they are loved. They need to feel that they are important. They need to feel like they are safe and belong to their family. They need to feel like they can do things well.

Children's social needs mean that children need to learn to get along with others. They are expected to act in certain ways that people think are OK. They need to learn how to act. They learn how to act by watching and copying the way other people act.

Emotional and social needs are met through the relationships children have. Their first relationships are with their parents and family. Parents

can help meet their children's emotional needs by loving them. They need to be patient, kind and understanding. They need to accept their children as people. They can help their children feel good about themselves.

Children can learn how to get along with others by copying their parents. Parents should set good examples for children to copy. Parents can also help children learn how to relate to other people. Parents can see that their children have chances to play with other children. They can take their children to church school or to a preschool. Other relationships also help meet social needs.

****

ACTIVITY

What are three emotional or social needs children have? List them below. How can parents meet these needs? Write one way parents can meet each need.

Emotional or Social Need	How Parents Can Meet This Need
1. _____	_____
	_____
2. _____	_____
	_____
3. _____	_____
	_____

****

HOW CAN PARENTS MEET A CHILD'S MENTAL NEEDS?

Mental needs are the desire for learning. Children have many things to learn. They can learn at any age. They learn different things at different

ages. Children should see, hear and feel new things. Parents can help meet their children's need to learn if they:

*read to them
*talk to them
*listen to them
*play with them
*take them places

****

ACTIVITY

Give an example of how parents can do each of these things. Write them below.

1. Read to them. _____

_____

2. Talk to them. _____

_____

3. Listen to them. _____

_____

4. Play with them. _____

_____

5. Take them places. _____

_____

****

Babies and small children cannot meet any of their own needs. Parents should take care of all their needs. As children get older, they can meet some of their own needs. Parents are still responsible for helping meet their needs.

Sometimes other people help meet children's needs. If parents are gone from home, they should find someone to care for their children. They might be gone to work or somewhere else. They might be gone all day or for a short time. Sometimes parents leave their children alone. Children should not be left alone. They might get sick or hurt.

Parents should find a responsible person to care for their children if they are gone from home. The babysitter must meet the children's needs while the parents are gone. A babysitter should be able to take good care of the children. Parents should choose a babysitter carefully.

Parents can make it easier for a babysitter to care for their children. They can help by giving the babysitter this information:

---

*where they will be
*when they will be home
*who to call if there is a problem
*family rules
*children's routines
*what they expect of a babysitter

KEY IDEAS

CHILDREN HAVE PHYSICAL, EMOTIONAL, SOCIAL AND MENTAL NEEDS.

PARENTS CAN MEET CHILDREN'S PHYSICAL NEEDS BY GIVING THEM FOOD, CLOTHING, A HOME AND MEDICAL CARE.

PARENTS CAN MEET CHILDREN'S EMOTIONAL AND SOCIAL NEEDS BY SHOWING THEM LOVE AND HELPING THEM DEVELOP RELATIONSHIPS.

PARENTS CAN MEET CHILDREN'S MENTAL NEEDS BY HELPING THEM LEARN.

PARENTS ARE RESPONSIBLE FOR MEETING THEIR CHILDREN'S NEEDS.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Showing children love helps meet their mental needs.
T F 2. The kind of need met by giving children food and clothing is emotional.
T F 3. Helping children to learn helps meet their social needs.
T F 4. Providing for a child's needs is an important responsibility of parents.
T F 5. Helping children to learn helps meet their mental needs.
T F 6. Showing children love helps meet their emotional needs.
T F 7. The kind of need met by giving children food and clothing is physical.
T F 8. Providing for a child's needs is an important responsibility of the child.

****

Lesson 3

WHAT DO CHILDREN LEARN FROM PARENTS' EXAMPLES?

This lesson will help you to:

1. List things children learn from parents' examples.

DO YOU KNOW THESE WORDS?

---

attitude - the way you feel about something
behavior - the way you act
non-verbal - without words
role model - someone that teaches you how to act
values - ideas or beliefs that are important to you

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

attitude _____

_____

behavior _____

_____

non-verbal _____

_____

role model _____

_____

values _____

_____

****

HOW DO CHILDREN LEARN FROM THEIR PARENTS?

The whole world is new to babies when they are born. Babies have many things to learn. They need to learn how to walk and talk. They need to learn about feelings. They need to learn about other people. They need to learn how to act. They need to learn values.

Babies' first teachers are their parents. Parents are very important in helping babies learn what they need to know. Parents are role models for their children. This means children copy what their parents do and say.

Children learn from their parents by watching them. They watch how their parents act and what their parents do. Then they copy what they see their parents do. They learn by listening to them. They listen to their parents and copy things they say.

Children learn many things in the first few years of their lives. They have learned many things from their parents by the time they start to school. Children learn things from their parents even after they are adults.

****

ACTIVITY

What are two ways children learn from their parents? List them here.

_____

_____

****

WHAT ARE SOME THINGS CHILDREN LEARN FROM THEIR PARENTS?

Sex Roles

Children start to learn sex roles from their parents. Sex roles mean the way people act because they are male or female. Children get their first ideas about how men and women act from their parents. Shari's mother and father both have jobs. After work they share the household chores. Shari has learned that both men and women can work outside the home. She has learned that both men and women can do household chores.

Values

Values are another thing children learn from their parents. Children learn what ideas and beliefs are important to their parents. They learn this by the way their parents act and what they say. Things that are important to parents often become important to their children. For example, Bob's parents go to church every week. Bob learns that religion is important to his parents. Ann's parents may tell her to always tell the truth. Ann learns that honesty is important.

Feelings and Attitudes

Children can often tell how their parents feel. They can tell even if their parents do not tell them. They can tell by their parents' non-verbal communication. This means the way parents communicate without words. If their parents are happy, children can tell. If their parents are upset children also can tell.

Children often feel the same as their parents. If parents are excited and looking forward to something, these feelings carry over to their children. The children also may be excited. If parents are worried about something, children also may worry. Children learn how their parents feel about things. They learn their attitudes from their parents.

If parents show love to their children, the children will be loving. Parents who are angry or tense often see these feelings in their children.

Children learn how to show feelings from their parents.

Behavior

Sometimes parents act in ways they don't want their children to act. Children see and hear these things their parents do or say. Children learn and copy things their parents want them to. They also learn and copy things their parents do not want them to. They may do these things even if their parents tell them not to. John's father smokes. John's father told him not to smoke. John sees his father smoke so he wants to smoke.

Parents need to know that their children see many things they do. They need to act and talk in ways they want their children to act and talk. They need to be good role models for their children.

Children learn what kind of behavior is OK. They learn the rules for their family and their community. They learn how to act in relationships with others. They get ideas about what kinds of people they are. They develop feelings about themselves. They begin to get ideas about what they can and cannot do. They learn all of these things and more from their parents.

****

ACTIVITY

Check the things children learn from their parents.

_____ values
_____ behavior
_____ sex role
_____ feelings and attitudes

Look at the things you checked. For each one tell a way that children could learn it from their parents.

_____

_____

_____

_____

****

KEY IDEAS

PARENTS ARE ROLE MODELS FOR THEIR CHILDREN.

CHILDREN LEARN SEX ROLES, VALUES, FEELINGS, ATTITUDES AND BEHAVIOR FROM THEIR PARENTS.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. The first role models for young children are their peers.

T F 2. A child whose mother goes to work and whose father stays home to care for him is learning sex roles from his parents.

T F 3. The first role models for young children are their parents.

T F 4. A child whose mother goes to work and whose father stays home to care for him is learning feelings from his parents.

****

Lesson 4

WHAT CAN PARENTS EXPECT OF THEIR CHILDREN?

This lesson will help you to:

1. Explain why parents need to be realistic in what they expect from their children.

DO YOU KNOW THESE WORDS?

---

behavior - the way people act
realistic - accepting things the way they are
typical - something that often happens

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

behavior _____

_____

realistic _____

_____

typical _____

_____

****

HOW CAN PARENTS BE REALISTIC ABOUT WHAT TO EXPECT FROM THEIR CHILDREN?

Children grow and learn new things as they get older. Children learn to do different things at different ages. There are things children can do at one age they could not do earlier. Children of every age learn to do new things. There are some things that children cannot learn to do until they get older.

Stacy is a 5-month old baby. She can roll over, smile and hold a rattle. She has not learned to sit up, walk or talk yet. She cannot feed or dress herself. She will learn to do these things when she gets older.

Her brother Tommy is almost 3. He can walk and run. He can talk. He can feed himself and tries to dress himself. Tommy cannot read or write. He cannot ride a bike. He cannot tie his own shoes. He will learn to do these things when he gets older.

Parents need to know what children can do at different ages. Parents should not expect children to do things they are not yet able to do. Some parents do not know what to expect of their children at different ages. Some parents expect children to do things they cannot do. This can cause problems both for the parents and for the children.

Parents may get upset if their children do not do what they expect them to. They may get mad at the child. They may think something is wrong with the child. They may think this even when the child is not able to do what they expect of the child.

Children may feel like they cannot do anything right. They may feel pressure from their parents to try to do things that they cannot yet do. Neither the parents nor the children will be very happy.

****

ACTIVITY

Why is it important for parents to know what children of different ages can do? Check the reasons parents need to know this.

_____ Parents may get mad if children do not do what they expect.
_____ Parents may think something is wrong with their child.
_____ Parents may expect children to do things they have not yet learned to do.
_____ Children and parents will not be very happy.

****

WHAT IS TYPICAL BEHAVIOR?

There is behavior that is typical of children at every age. This behavior includes things that are normal for children at each age to do. Some examples of typical behavior for children of different ages are:

new babies - eat, sleep, cry, wet their diapers
1 to 3 years - have temper tantrums, become toilet trained
4 to 6 years - want to do things for themselves, ask many questions
6 to 12 years - develop hobbies, learn to read, want to be in groups.

Sometimes parents do not understand that a behavior is typical for a child's age. Read about Brenda and Ted.

Brenda and Ted have a 9-month old baby girl. Ted does not think the baby should wet her diapers. He thinks she should be toilet trained. Ted spanks her every time she wets her diapers. Ted does not understand what behavior is typical for his baby.

Parents need to know what behavior is typical for children of different ages. Then parents can better understand why their children act as they do. Parents will know their child's behavior is normal. Parents and children may get along better.

HOW CAN PARENTS ACCEPT THEIR CHILDREN'S INTERESTS?

Children develop new interests as they grow up. Children's interests may be different from their parents' interests. Parents cannot expect their children's interests to be the same as their own.

Parents can guide their children and help them choose new interests. Parents need to let children decide on their own interests. Parents need to accept things their children are interested in.

Some parents do not approve of their children's interests. These parents may have their own ideas about what their children should do. These ideas can cause problems between parents and their children.

****

ACTIVITY

Read about Abby.

Abby loved working on cars. She took auto mechanics in school. She was the best in her class. Abby was offered a job at a car repair shop in town after graduation.

Abby's parents always wanted her to be a nurse. Abby's older sister was a nurse. Abby fainted when she saw blood. Abby's parents wanted her to go to nurses' training to see if she liked it.

What do you think Abby should do? Why?

_____

_____

What do you think Abby's parents should do? Why?

_____

_____

****

WHY DO PARENTS AND CHILDREN HAVE PROBLEMS?

Problems between parents and children are common. Problems are normal in any close relationship. Many of these problems are caused because parents and children are not realistic. They are not realistic about what they expect from one another.

Parents need to be realistic about what their children can and cannot do. Parents need to know that there are things children cannot do until they are older. Parents should not expect children to do things they cannot do. This can cause problems.

Parents need to know that certain behaviors are typical for a child's age. Parents need to know that this behavior is normal. Parents need to understand this typical behavior. Parents and children can have problems if parents do not accept this typical behavior.

Parents need to accept their children's interests. Parents need to know that children's interests may be different from their own. Some parents do not approve of their children's interests. This can cause problems between parents and children.

Parents and children can cut down the number of problems they have. They can do this by being realistic about what they expect from each other.

KEY IDEAS

PARENTS NEED TO BE REALISTIC ABOUT WHAT CHILDREN CAN AND CANNOT DO AT DIFFERENT AGES.

PARENTS NEED TO UNDERSTAND WHAT BEHAVIOR IS TYPICAL FOR THEIR CHILD'S AGE.

PARENTS NEED TO ACCEPT THEIR CHILD'S INTERESTS WHEN THEY ARE DIFFERENT FROM THEIR OWN.

PARENTS CAN CUT DOWN ON THEIR PROBLEMS WITH THEIR CHILDREN IF PARENTS ARE REALISTIC ABOUT WHAT THEY EXPECT FROM THE CHILDREN.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Parents who are realistic about what their children can do at different ages will have fewer problems with their children.

T F 2. Parents who know what behavior is typical for children at different ages will worry that their children are not normal.

T F 3. Children's interests and parents' interests should always be the same.

T F 4. Parents can cut down on problems with their children by being realistic about what they expect.

T F 5. Parents who are realistic about what their children can do at different ages may expect too much of their children.

T F 6. Parents who know what behavior is typical for children at different ages will better understand why their children act as they do.

T F 7. Children's interests and parents' interests are often different from each other.

T F 8. Parents can cut down on problems with their children by not caring what their children do.

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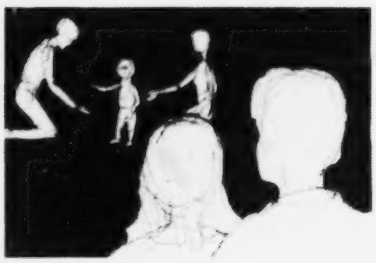


Lesson 5

HOW MUCH DOES IT COST TO RAISE A CHILD?

This lesson will help you to:

1. Identify the costs involved in having and raising a child.

DO YOU KNOW THESE WORDS?

---

daycare center - a place where children of working parents are cared for
health insurance - a plan that helps pay costs of medical care
responsible - knowing and doing what you are supposed to do

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

daycare center _____

_____

health insurance _____

_____

responsible _____

_____

****

HOW MUCH DOES IT COST TO RAISE A CHILD?

Having and raising a child costs a lot of money. There are some costs before a baby is born. Some of these costs are doctor bills and things the baby will need. After a baby is born there are other costs. Babies need food and clothing. There are more costs as children get older. Children go to school and need things for school. Parents are responsible for the costs of raising their children. A law says parents must pay costs for things their children do until the children are 18. It costs about the same to raise a child to age 18 as it does to buy a house.

Parents need a way to pay the costs of raising their children. One or both parents need a job to earn the money for these costs. Sometimes one or both parents stop working when they have a child. Most women who have jobs take some time off when they have a baby. They may go back to work soon after the baby is born. Some women and some men with jobs stop working outside the home when their children are small. The family income is smaller when one of the parents stops working.

WHAT ARE SOME OF THE COSTS OF HAVING AND RAISING CHILDREN?

Having a baby can cost a lot of money. A pregnant woman needs a doctor's care when she is pregnant. Most babies are born in hospitals. Parents need to pay the doctor and hospital bills. Some parents have health insurance. This insurance can help pay the costs of having a baby.

The basic costs of raising children are food, clothing, housing and education. Parents need to provide these things to meet their children's needs. Parents need to buy food and clothing for their children. They need to provide a place for the children to live.

Education is another cost of raising children. School fees, book rental and supplies are part of these costs. Parents of children in sports or music may have added costs.

Medical and dental care are other costs. Children need regular check ups with a doctor and dentist. They need shots to keep them from

getting some diseases. If they get sick or hurt they may need to see a doctor. They might need medicine or special care. Some children need to wear glasses or braces. Parents must pay all of these costs.

****

ACTIVITY

What are some of the costs of having and raising children? List three of them below.

1. _____

2. _____

3. _____

****

WHAT ARE OTHER COSTS?

Child care is another cost for parents who work. They can't care for their children full time. Parents who work must find someone else to care for their children. They may hire a babysitter to come to their home. They may take their children to a babysitter's home. They may take their children to a daycare center.

The costs of raising children take a lot of the family's income. Parents might not be able to do some of the things they want to do. There might not be a lot of money left after parents have paid for things their children need or want.

Sometimes parents may want to get more education. They might want to get more training for their jobs. They might want to learn new skills needed for a different job.

There might be other things parents would like to do. They might want to go out for an evening. They might want to go to a movie or out to eat. There might not be enough money for them to do these things.

****

ACTIVITY

Read about Tom and Mary.

Tom and Mary have two small sons, Chad and Brian. Tom works for a TV repair shop. Mary worked in a beauty shop before the boys were born. Now she stays home to care for the boys.

Tom and Mary's wedding anniversary is Saturday. They have saved $40.00. They plan to hire a babysitter and go out to eat and to a show.

On Thursday Mary took Chad to the doctor for a check-up. He said Chad needed special shoes to help his feet grow right. Mary took Chad to the shoe store. The shoes he needs are $40.00.

1. Tell how you think Tom and Mary will decide to spend the forty dollars.

_____

_____

2. Tell why you agree or disagree with Tom and Mary's decision.

_____

_____

_____

****

KEY IDEAS

SOME OF THE COSTS OF HAVING AND RAISING CHILDREN ARE:

DOCTOR AND HOSPITAL BILLS
FOOD
CLOTHING
HOUSING
EDUCATION
MEDICAL CARE

PARENTS MUST PAY COSTS FOR THEIR CHILDREN UNTIL THE CHILD IS 18.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. A major cost of having a baby is education.

T F 2. Parents must legally pay costs for their children until the child is 18.

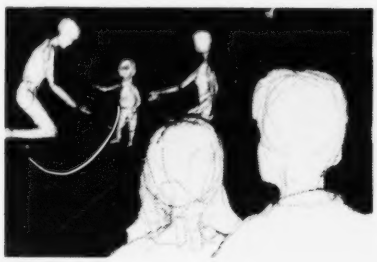
T F 3. Some of the basic costs of raising children are food, clothing and education.

T F 4. A major cost of having a baby is doctor bills.

T F 5. Some of the basic costs of raining children are haircuts, piano lessons and pets.

T F 6. Parents must legally pay costs for the children until the child is 5.

****



Lesson 6

HOW DOES PARENTHOOD CHANGE ONE'S LIFE?

This lesson will help you to:

1. Describe ways parenthood can change one's life.

DO YOU KNOW THESE WORDS?

---

commitment - promise
parenthood - having children
privacy - being alone

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

commitment _____

_____

parenthood _____

_____

privacy _____

_____

****

HOW CAN PARENTHOOD CHANGE ONE'S LIFE?

One of the most important choices you can make is the choice to be a parent. This choice will affect your life in many ways. Once you have children, your life will never be the same again.

When you make this choice, you can't change your mind. The responsibilities of being a parent go on for many years. Parenthood is more demanding and lasts longer than most other jobs you might have. Some people have problems being parents because they don't know what to expect of parenthood. It is good to know ways parenthood can change your life.

Parenthood means making a commitment to your children until they are adults. This means that you will take care of their needs. It means that you will help them grow and develop.

Children will do many things to make you happy and proud. You will be proud when your baby first walks. You will be happy when your 3-year-old gives you a hug and kiss. You will be proud when your teenager learns to drive. These things make you glad you are a parent.

Children can also do things that make you unhappy or mad. Then you may not be so glad to be a parent. You have to keep your baby when she cries all night. You can't give back your 3-year-old if he colors on the wall. You are still your teenager's parent if he gets in trouble at school.

Once parents have children, they will always be parents. The happy times and sad times will last all of their lives. Even when children grow up, parents have special feelings for them. Grown up children also can make their parents happy or sad. Being a parent lasts all of your life.

****

ACTIVITY

Think of things you have done to make your parents happy or sad. List them below. Tell how old you were when these things happened. Then tell what effect these things had on your parents' lives.

Things I did to make my parents happy	My age:	How this affected my parents' lives
1. _____	_____	_____
		_____
2. _____	_____	_____
		_____

Things I did to make my parents sad	My age:	How this affected my parents' lives
1. _____	_____	_____
		_____
2. _____	_____	_____
		_____

****

HOW DOES PARENTHOOD AFFECT PEOPLE'S LIFE STYLE?

Having children can also cause changes in your life style. It can affect the choices you make. Sometimes parents have to give up things that are important to them. They have to do this so they can care for their children. Some things parents may have to give up are:

---

*money
*time
*freedom
*privacy
*career
*educational plans

The costs of having children start before they are born. Costs go on until children are adults and are on their own. Parents need to buy things their children need. Sometimes there is not enough money for parents to buy things they want or need. Parents might be giving up more money if one or both stop working to care for their children. They would be giving up the income they would have earned during this time.

Children are lots of work. Caring for them takes lots of time. Children have needs to be fed, loved, taught, played with and many more. Parents must spend their time meeting these needs. They may not be able to spend as much time doing things they want to do. For example, parents might enjoy reading. They might not have much time to read when they have a small child to care for.

HOW DOES PARENTHOOD AFFECT PEOPLE'S FREEDOM?

Having children means parents give up some of their freedom. They are no longer free to come and go when they want. They have a child that needs their care. If parents want to go somewhere, they have to get someone to

care for their children. Costs of raising children can also reduce freedom. Parents may not be free to buy something they want because of these costs. They may not be able to go out as often as before they were parents.

It may be hard for parents to have privacy when they have children. Homes with children are often noisy and full of activity. Parents need to know what their children are doing. Small children need to be watched carefully. It may be hard for parents to have much time alone or with each other.

HOW DOES PARENTHOOD AFFECT RELATIONSHIPS?

Having children causes many changes in relationships. Many of the changes are because of the loss of time, freedom and privacy. A couple may not have as much time to spend together as before. They may not get to be alone as much.

There can also be other changes. Some couples find that sharing love for a child makes them feel closer to each other. Other couples find that being a parent causes new problems between them. The parents each have new responsibilities. It takes time for them to get used to being parents.

Parenthood can strain a relationship. People whose relationships had problems before they became parents will often have more problems after they are parents. A couple should have a strong relationship before they decide to parent. They should know what changes parenthood will bring. They should be ready to adjust to them.

HOW DOES PARENTHOOD CHANGE PEOPLE'S DECISIONS?

Sometimes parents may give up their jobs or careers to care for their children. They may also give up their plans to get more training or education. Sometimes these changes are for just a short time. Parents may go back to their jobs or careers when their children grow older. Some may never return to their jobs or get more training.

Many of the choices people make about their lives change when they become parents. They no longer have only themselves to think about. They need to think about what would be best for their children. They now need to make choices that are best for them and their children.

****

ACTIVITY

Read the list of things parents often have to give up for their children. Check the two things that would be hardest for you to give up. Tell why it would be hard for you to give them up.

_____ money

_____ time

_____ freedom

_____ privacy

_____ career

_____ educational plans

Tell why it would be hard for you to give each of them up.

1. _____

_____

2. _____

_____

****

HOW CAN PARENTHOOD AFFECT PEOPLE'S HEALTH?

Some people's health is affected by parenthood. Pregnancy can cause health problems for some women. Any pregnancy has some health risks. The best age for becoming pregnant is between 20 and 34. Women who are over 35 when they become pregnant may have more health problems. Teenagers who become pregnant also have more health problems than women who are in their 20's.

All parents, both mothers and fathers, may feel strain and tiredness. Being a parent takes lots of energy.

WHAT CAN PEOPLE GAIN FROM PARENTHOOD?

Parents may have to give up many things for their children. They also may gain many things from parenthood. Parenthood can make lives richer and fuller. Some things parents can gain are:

---

*love
*happiness
*pride
*sharing

Children can bring lots of love to a family. Parents and children feel much love for one another. Having children may also bring the parents closer. They may love each other more when they have children.

Parents can gain happiness from having children. Watching their children grow and develop can bring them joy. Parents and children can have a lot of fun together.

Pride is something else parents can gain from parenthood. They may be proud of things their children learn to do. They may be proud of themselves for being good parents. They can feel good about themselves when they are good parents.

Parents can enjoy sharing life with their children. There are many things that happen to a family. It is fun to share joys with others. It helps to have someone with whom to share sadness. Children give parents someone with whom to share feelings and events.

Children have new activities and interests. Parents and children can enjoy sharing these new activities and interests.

Parenthood is demanding. Parenthood changes your life forever. Parenthood has costs in terms of money, time and freedom. Parenthood can also be wonderful. It can be exciting. It gives people a chance to show their love. It can make people very happy to see their own child grow up.

KEY IDEAS

BEING A PARENT LASTS ALL OF YOUR LIFE.

PARENTHOOD AFFECTS YOUR LIFE STYLE, FREEDOM, RELATIONSHIPS AND DECISIONS.

PARENTHOOD CAN CAUSE HEALTH PROBLEMS FOR SOME PEOPLE.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Parenthood can affect people's physical health by making them tired.

T F 2. Being a parent lasts all of your life.

T F 3. Parents sometimes need to give up some of their activities because parenthood limits their talent.

T F 4. Being a parent does not change your life very much.

T F 5. Parenthood can affect people's physical health by making them overweight.

T F 6. Parents sometimes need to give up some of their activities because parenthood limits their freedom.

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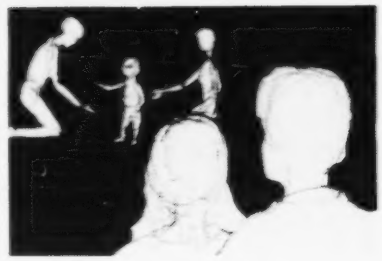


Lesson 7

WHY DO PEOPLE CHOOSE TO HAVE OR NOT HAVE CHILDREN?

This lesson will help you to:

1. List reasons people choose to have or not have children.

DO YOU KNOW THESE WORDS?

---

emotional needs - wanting to show and be shown feelings
experiences - things that happen to you
handicaps - problems with the way a person's body works
parenthood - having children
unplanned - not expected

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

emotional needs _____

_____

experiences _____

_____

handicaps _____

_____

parenthood _____

_____

unplanned _____

_____

****

WHY IS THE DECISION TO PARENT AN IMPORTANT CHOICE?

Parenthood is a choice. The choice of whether or not to have children is a choice you need to make with care. Either choice will affect your life. When you make a choice it is good to know how the choice could affect your life. It is better to make a careful choice about parenting. An unplanned pregnancy can cause problems in the lives of the parents and the child.

The choice to become a parent is not an easy one. It is a choice that will affect the rest of your life. People need to think carefully about the things that affect this choice.

Many things can affect a person's choice about whether or not to have children. There are many reasons a person might decide to have children. There are many reasons a person might decide not to have children. People should think about their reasons. Then they should make the choice about parenting that is best for them.

WHAT THINGS AFFECT PEOPLE'S CHOICE TO HAVE OR NOT HAVE CHILDREN?

People may choose to become parents for a number of reasons. There are also many reasons people choose not to be parents. Reasons that are important for one person may not matter to someone else. The most important thing is to be sure a child is wanted.

HOW DO CHILDHOOD EXPERIENCES AFFECT PEOPLE'S CHOICE ABOUT PARENTHOOD?

The kind of childhood people had can affect their own choice about parenthood. People who had a happy childhood might want to give a child a happy childhood. People who had unhappy childhoods might want to make their own children happier. People from large families often want to have many children of their own. Sometimes a person who was an only child might also want to have many children. People's own parents can also affect their choice about being parents. If their own parents were loving and caring, they set good examples for their children to follow. They might want children of their own to care for and love.

Bad childhood experiences can affect a person's choice about parenting. People who were abused or unhappy as children might not want to have children. They don't want a child to be hurt or unhappy like they were. If they felt their parents did not love or want them, this could affect their choice.

****

ACTIVITY

Tell about three of your childhood experiences that affect the way you think about parenthood.

1. _____

_____

2. _____

_____

3. _____

_____

****

HOW DOES RELIGION AFFECT PEOPLE'S CHOICE ABOUT PARENTHOOD?

Some people have strong religious beliefs about parenting. They feel it is important to have children. The children will help keep the religion and the world strong.

Some religions do not accept abortion or some methods of birth control. This can limit people's choices about parenthood.

HOW DO EMOTIONAL NEEDS AFFECT PEOPLE'S CHOICE ABOUT PARENTHOOD?

Many people have children to help meet their own emotional needs. They may feel their life is not complete without a child to care for. They want a child to love and to love them. Caring for a child can help them feel good about themselves.

Some people have their emotional needs met by their family, friends and jobs. They feel they don't need children to help meet these needs. They feel their lives are full and complete without children.

HOW DO MONEY AND LIFE STYLE AFFECT PEOPLE'S CHOICE ABOUT PARENTHOOD?

People need money to raise children. Some people might not be able to afford having children. They might not have a steady job to earn the money they need. They cannot afford to buy the things children need. Other people would rather buy other things instead of spending money to raise children. They might want a new car so they feel they cannot afford to have a child.

Other people have children because they can afford to. They have good jobs and have taken care of their own needs. They feel they can give a child a good start in life. They can give a child the things children need to grow and develop.

Some people choose not to have children because of their life style. They may have jobs or careers that keep them busy. They may travel a lot. They enjoy the freedom of not having children to care for. In many marriages,

both husband and wife work. They may not want to give up their jobs to care for children. They may not want the responsibility of finding someone to care for their children. They may not want to spend the time needed to raise children.

HOW DOES PARENTHOOD EDUCATION AFFECT PEOPLE'S CHOICE ABOUT PARENTHOOD?

Parenthood education is another reason people might choose to become parents. Being a good parent is not always easy. People who learn about children and how to take care of them are often better parents. These people know what to expect of children. They know what children expect of them. Knowing these things can help them to know whether or not they want to be parents.

HOW DO WORLD OR HEALTH PROBLEMS AFFECT PEOPLE'S CHOICE ABOUT PARENTHOOD?

Problems in the world can affect people's choice of whether or not to parent. Some people feel there are already too many people in the world. They worry about the future. There are problems of feeding all the people. There are problems of world peace. There are pollution problems. Some people don't want to raise their children in a world with so many problems.

Some handicaps and physical problems could make it hard for people to have and care for children. They may decide not to be parents. Other people have problems or diseases they might pass on to their children. They might not want their children to have these problems. They may choose not to have children.

****

ACTIVITY

There are many other reasons why a person might want to have children. There may be other reasons why a person might not want to have children. How many can you think of? List them here.

Reasons to have children	Reasons not to have children
_____	_____
_____	_____
_____	_____

****

People often have more than one reason for choosing to parent or not to parent. Whatever a person's reasons are, one thing is very important. Every child should be wanted.

People need to look at their own reasons and make their own choices. They should not let others make the choice for them.

WHAT ARE SOME POOR REASONS PEOPLE HAVE CHILDREN?

There are some poor reasons people have children. These reasons can cause problems for them and for the children. They might feel pressure from others to have children. They might have children for selfish reasons.

People should not have children because their parents want to be grandparents. They should not have children because many of their friends are. They should not have children to save a marriage with problems. They should not have children just because they think babies are cute and fun to play with. When they have children for these reasons they are thinking of themselves and not the child. Some people become parents because of an unplanned pregnancy. Parenthood is too important to let it happen by accident.

KEY IDEAS

PARENTHOOD IS A CHOICE.

SOME REASONS PEOPLE CHOOSE TO HAVE OR NOT HAVE CHILDREN ARE:

- CHILDHOOD EXPERIENCES
- RELIGION
- EMOTIONAL NEEDS
- MONEY AND LIFE STYLE
- EDUCATION
- WORLD OR HEALTH PROBLEMS

PEOPLE NEED TO UNDERSTAND PARENTING AND THEN MAKE A CAREFUL DECISION ABOUT PARENTING THAT IS BEST FOR THEM.

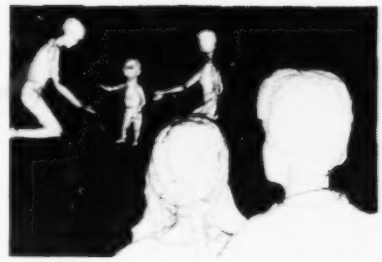
****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Having children is a choice that is good for everyone.
T F 2. A reason people might choose to have children is freedom.
T F 3. Parenthood is a choice that you need to make for yourself.
T F 4. A reason people might choose to have children is good childhood experiences.
T F 5. Having children is a choice that people need to make carefully.
T F 6. Parenthood is a choice that your parents should make for you.

****



Lesson 8

HOW DO YOU FEEL ABOUT PARENTHOOD?

This lesson will help you to:

1. Be aware of your own feelings about parenthood.
2. List things that can affect your feelings about parenthood.

DO YOU KNOW THESE WORDS?

---

life style - the way you live
spouse - husband or wife

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

life style _____

_____

spouse _____

_____

****

WHAT ARE YOUR FEELINGS ABOUT PARENTHOOD?

The decision to parent is a big step. Parenthood results in changes in a person's life. Each person must look carefully at his or her own feelings about parenthood. People need to decide if they want parenthood to be part of their lives.

Each person has different feelings about parenthood. A person should think carefully about these feelings. People should base their decisions about parenthood on their own feelings.

HOW CAN YOU FIND OUT WHAT YOUR FEELINGS ARE?

You need to think about your feelings about children. Do you like being with them? Do you enjoy playing with them? Having younger brothers or sisters or doing babysitting can help you to answer these questions.

Do you think you could handle the responsibilities of caring for a child? Caring for children takes training and practice. Parents need to know what to expect of children of different ages. They need to know what children need and how they grow.

****

ACTIVITY

Answer these questions. The answers might help you know better how you feel about parenthood.

1. Do you have younger brothers and sisters? _____

2. Have you done babysitting? _____

3. Have you learned about caring for children in classes at school? _____

****

WHAT LIFE STYLE OR CAREER DO YOU WANT TO HAVE?

How will parenthood affect your career or life style plans? Some people choose careers that are very demanding. Some people choose life styles that demand a lot of freedom. These people may feel that parenthood does not fit their life styles. Other people plan all of their lives to someday become parents. They might plan their career and lifestyle around having children.

Parents give up many things for their children. They may give up careers, privacy, freedom or time for their children. Would you be willing to give these things up? People who want to be parents don't mind giving up things for their children.

Would you be a good parent? Are you kind, loving and caring? Are you patient, understanding and responsible? Think about how you act in your relationships with others. Do you show the qualities you need to have a good parent-child relationship? You might be able to answer the most important question. Do I want to be a parent?

****

ACTIVITY

Here is a list of some qualities good parents have. Check the qualities you think you have.

_____ patient

_____ kind

_____ understanding

_____ know children's needs

_____ responsible

_____ loving and caring

_____ know how children grow and develop

_____ willing to give up things

Do you think you would be a good parent? _____

Why or why not?

_____

_____

_____

****

WHERE DID YOUR FEELINGS ABOUT PARENTHOOD COME FROM?

The feelings you have about parenthood today may change as you get older. Many things have affected the feelings you have now. Many things will affect you in the future. They may make you change the way you feel about parenthood. Some things that can affect your feelings are:

*experiences with children
*your spouse
*your family
*peers

Your experiences with children may have been good or bad. You may have a new baby brother at home. You may enjoy helping take care of him. This good experience helps you have good feelings about children and parenthood. A child may have become very sick when you were babysitting. This bad experience can also affect your feelings about parenthood.

If you marry, your spouse may have different feelings about parenthood. As you shared your feelings before you were married, your feelings may have changed. Your future spouse may have helped you to see parenthood in a different way. You may have had experiences with children that changed your feelings.

Family wishes can affect how some people feel. Some parents want very much to be grandparents. They urge their children to have children. People may have children to please their parents. Other people feel it is important to have a son to carry on the family name.

Couples who marry are often expected to have children. Some people can't understand why they might choose not to have children. Some people's feelings about parenthood are affected by what others think. They may change their feelings because of what others expect of them.

Peers can have a big effect on feelings about parenthood. A couple's friends might all be having children. The couple may feel pressure to have children also. They may not want to be different from their peers.

Parenthood is a very important decision. Each person has his or her own feelings about parenthood. Each person should make a decision about parenthood that is best for him or her.

****

ACTIVITY

Read about Brad and Mary Ann.

Brad and Mary Ann came from different kinds of families. Brad was the oldest of 8 children. Mary Ann was an only child. Brad had always wanted children of his own. Mary Ann had a career and didn't really want to have children.

After they married they moved to a neighborhood where lots of young couples lived. Some of the families had children. Others were having new babies. When Brad and Mary Ann visited them, Mary Ann enjoyed playing with the children.

Brad's parents wanted Brad and Mary Ann to have a baby. They kept asking when they were going to be grandparents. After a few years, Mary Ann and Brad decided to have a child.

Which of these things might have affected Brad and Mary Ann's feelings about parenthood? Check the things you think might have affected them. Tell how each thing you checked might have affected them.

	How It Affected Them
_____ experience with children	_____
	_____
_____ spouse	_____
	_____
_____ family	_____
	_____
_____ peers/friends	_____
	_____

****

KEY IDEAS

EVERYONE HAS DIFFERENT FEELINGS ABOUT PARENTHOOD.

PEOPLE'S FEELINGS ABOUT PARENTHOOD ARE AFFECTED BY THEIR EXPERIENCES WITH CHILDREN.

FEELINGS ABOUT PARENTHOOD ARE AFFECTED BY YOUR SPOUSE, PEOPLE AROUND YOU, YOUR FAMILY AND PEERS.

FEELINGS ABOUT PARENTHOOD CAN CHANGE.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Feelings about parenthood are different for each person.

T F 2. People who do not think they want to be parents now may change their minds later.

T F 3. People who enjoy taking care of children will know how to be good parents.

T F 4. People whose parents want them to have a child should make their own decision about parenthood.

T F 5. People who enjoy taking care of children will probably have good feelings about parenthood.

T F 6. Feelings about parenthood are not important.

T F 7. People whose parents want them to have a child should have a child to make their parents happy.

T F 8. People who do not think they want to be parents now should never have children.

****

Lesson 9

WHAT ARE PEOPLE'S RESPONSIBILITIES IN MAKING A DECISION TO PARENT?

This lesson will help you to:

1. List responsibilities that come with the decision to parent.
2. Explain how the decision to parent can cause unexpected responsibilities.

DO YOU KNOW THIS WORD?

---

consequences - results

****

ACTIVITY

Use the word above in a sentence. Write your sentence on the line below.

consequences _____

_____

****

WHY IS THE DECISION TO PARENT AN IMPORTANT DECISION?

In Unit 1 you learned about the decision making process. The decision making process should be used when you make decisions that can affect the rest of your life. An important part of decision making is to take responsibility for your decisions.

To take responsibility means to accept things that happen because of your decisions. These things are called consequences. The things that

happen because of a decision you made may be good. The things that happen because of a decision you made may be bad. You need to accept both good and bad consequences of your decisions.

The decision to parent is a very important decision. It is a decision that will affect the rest of your life. It is important for you to know how it will affect your life. You need to accept the consequences of your decision to parent.

WHAT CONSEQUENCES MIGHT THE DECISION TO PARENT HAVE?

The decision to become a parent can have many different consequences. Making this decision means that you must accept the consequences.

Being a parent changes people's lives. People need to know how their lives will change. They need to know what they will gain from parenthood. They need to know what they will need to give up. They need to be ready to accept these things if they choose to be parents.

Sometimes the decision to become a parent results in the need to make other decisions. Parents need to decide how to care for their children. Parents need to make decisions that are best for them and for their children.

Having a child means new responsibilities. People need to know what these responsibilities are. They need to know how to provide good care for their children. People who are not ready for these responsibilities should not choose to be parents.

People who choose to be parents are responsible for their child. They cannot expect other people to take this responsibility for them. The child is their responsibility. They are the ones who are to care for their son or daughter. This responsibility comes with their decision to parent. Part of being ready to be a parent is accepting this responsibility.

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ACTIVITY

Read about Barb and Andy.

Barb and Andy got married after high school graduation. They lived in an apartment in the upstairs of Barb's parents' house. Both Barb and Andy had jobs. They liked to go camping. They were in card clubs and on bowling teams.

Barb and Andy decided to have a baby. Barb quit her job just before she had the baby. She planned to go back to work in a few weeks. Her mother said she would take care of the baby while Barb was at work.

After Barb's first day back at work she was very tired. She asked her mother to keep the baby all night. The next few nights Barb and Andy played cards and bowled. Barb's mother kept the baby all week.

Barb took the baby home Friday after work. That night Barb and Andy wanted to go to a movie. They planned to go camping over the weekend. Andy didn't want to take the baby. Barb asked her mother to babysit. Barb's mother said, "No."

Read these sentences. Put a check in front of the ones you agree with.

_____ Barb's mother should babysit whenever Barb asks her.
_____ Barb and Andy may have to give up some of their nights out.
_____ Barb and Andy expect someone else to take the responsibility for caring for their baby.
_____ Barb and Andy did not know how parenthood would change their lives.

Do you think Barb and Andy were ready to be parents? Tell why or why not.

_____

_____

_____

****

CAN PARENTS ALWAYS KNOW WHAT TO EXPECT FROM PARENTHOOD?

Sometimes people don't know what all the responsibilities of a parent are. They may not know what being a parent will demand from them. They may not know what to expect from children of different ages. People may not be ready for the responsibilities of parenthood when they come.

There are ways people can learn about the responsibilities of parenthood. People can learn about children from babysitting. They can learn about children by taking classes in school. These things can help people be ready for the responsibilities of parenthood.

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ACTIVITY

Read about Tom and Sara.

Sara and Tom got married when they both were 20. Sara was an only child. She had never done any babysitting. Sara thought babies were cute. She thought a baby girl would be fun to play with and dress up. She wanted a baby of her own.

Sara and Tom decided to have a baby. Their new baby girl didn't have any hair and cried a lot. Sara didn't know how to take care of her. Sara didn't think she was cute or fun. Sara didn't like being a mother.

Read these sentences. Put a check in front of the sentences you agree with.

_____ Sara did not know what to expect of her baby.
_____ Sara was not ready for the responsibility of parenthood.
_____ Sara thought being a mother was just like she expected.

What are two ways that could have helped Sara get ready to be a parent?

1. _____

2. _____

****

Sometimes things happen to cause responsibilities parents did not expect. This might happen if a child needs special care. It might happen if parents are expecting one baby and have twins. These things are consequences of the decision to parent that people do not expect. People who decide to become parents need to accept the responsibilities they did not expect as well as those they did expect.

KEY IDEAS

PEOPLE ARE RESPONSIBLE FOR ACCEPTING THE CONSEQUENCES OF THEIR DECISION TO PARENT.

PARENTHOOD CHANGES PEOPLE'S LIVES, BRINGS NEW RESPONSIBILITIES AND LEADS TO NEW DECISIONS.

PARENTHOOD SOMETIMES BRINGS UNEXPECTED RESPONSIBILITIES.

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REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. When people make a decision to be parents, they are responsible only for the results they expected.

T F 2. A new responsibility parenthood may bring is eating a well-balanced diet.

T F 3. An example of an unexpected consequence of the decision to parent is changing diapers.

T F 4. When people make a decision to be parents, they are responsible for both expected and unexpected results.

T F 5. A new responsibility parenthood may bring is finding a babysitter.

T F 6. An example of an unexpected consequence of the decision to parent is having twins.

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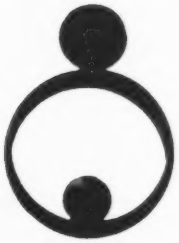
SEE YOUR TEACHER FOR THE UNIT TEST.



Parent Education Workbook for Mainstreamed Students

The fourth module in the Contemporary Parenting Choices Series from the Iowa State University Press, *Parent Education Workbook for Mainstreamed Students*, is designed to present parenthood education information to mentally and/or learning disabled students in high school home economics classes.

It contains 12 units, each in a work/text format that offers lessons and lesson objectives, vocabulary, appropriate reading materials, suggested evaluation items for use with each, and an annotated bibliography of supplementary materials.

They provide instruction in 12 major topic areas: self-awareness, relationships, sexuality, living situations, marriage, the decision to parent, pregnancy, growth and development of children, parenting skills, adolescence, the work world, and child care job skills.

A teachers manual explains the development of each of these major topic areas, details characteristics of mentally and learning disabled students, and provides methods and strategies for working with these students.

Parent Education Workbook for Mainstreamed Students was developed by members of the Iowa State University Department of Home Economics Education under the direction of Jerelyn Schultz and the auspices of the Iowa Department of Public Instruction.

THE DECISION TO PARENT: A TEACHING GUIDE, the first in a series of modules devoted to contemporary parenting, is directed toward teachers and counselors of teenagers to make them aware of the parenting choices available to them and to prevent unwanted pregnancies.

After completing the study outlined in this first module the student should be able to appraise the variety of responsibilities involved in being a parent and utilize the decision-making process in determining if and when to become a parent.

It implements Public Law #94-492 (1976) that requires the teaching of family living, parenting skills, and child development and guidance in vocational home economics programs.

It is edited by Jerelyn Schultz, assisted by Penny Ralston, Barbara Rougvie, and Margaret Jan Kelly, all of the Iowa State University Department of Home Economics Education. (1980. ISBN 0-8138-1595-9. Paper, comb binding.)

SEXUALITY AND THE ADOLESCENT: A TEACHING GUIDE, the second in the series, is designed for use by teachers, counselors, and others who work with adolescents in the area of sexuality education.

It focuses on the effect of adolescent growth and development on teenagers' self-concepts, the influence of interpersonal relationships within and outside the home on sexual attitudes and behavior during adolescence, and the stages of pregnancy and the decisions to be considered in each.

A broad, sensitive approach to sexuality education, this module addresses feelings, values, experiences, relationships, and how the individual views himself or herself as male or female. Additional topics include the traditional sexuality education concepts such as human physiology and birth control.

Editor Jerelyn Schultz was assisted by Penny Ralston, Barbara Rougvie, Margaret Torrie, and Jillian Boyd, all of the Iowa State University Department of Home Economics Education. (1981. ISBN 0-8138-1616-5. Paper, comb binding.)

PARENTING TODAY: A TEACHING GUIDE, the third module in a series on contemporary parenting, is designed to help teachers assist adolescent youth to become more knowledgeable about what is involved in parenting children.

Six major areas where skills are identified and emphasized are: (1) fostering children's maturation through knowledge of child growth and development; (2) providing an environment that encourages growth and development; (3) maintaining effective parent-child communication; (4) guiding the behavior of developing children; (5) showing parental love and affection to children; and (6) managing available human and material resources.

Parenting Today: A Teaching Guide was developed under the direction of Jerelyn Schultz, assisted by Margaret Torrie, Barbara Rougvie, Jillian Boyd, and Maxine Hammonds of the Iowa State University Department of Home Economics Education, with the cooperation of the Iowa State Department of Public Instruction. (1984. ISBN 0-8138-0358-6. Paper, comb binding.)

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